



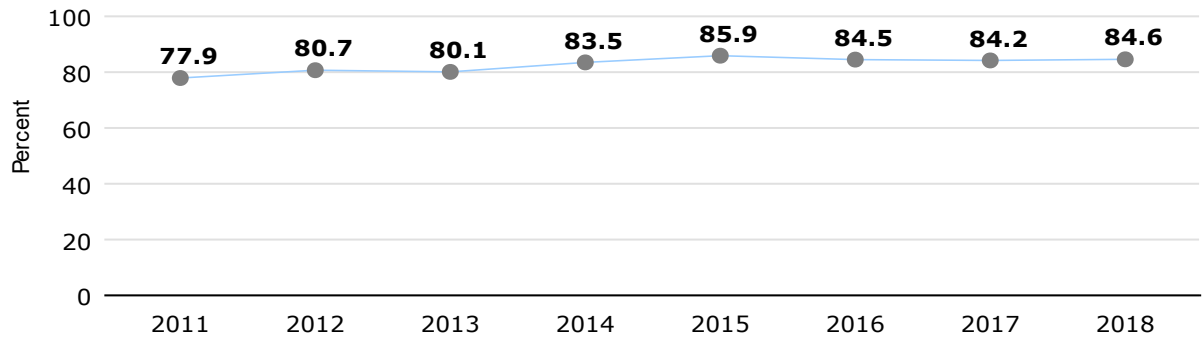
## Health in Idaho: A State Profile

State of Idaho - Department of Health and Welfare - Division of Public Health

2018

## General Health

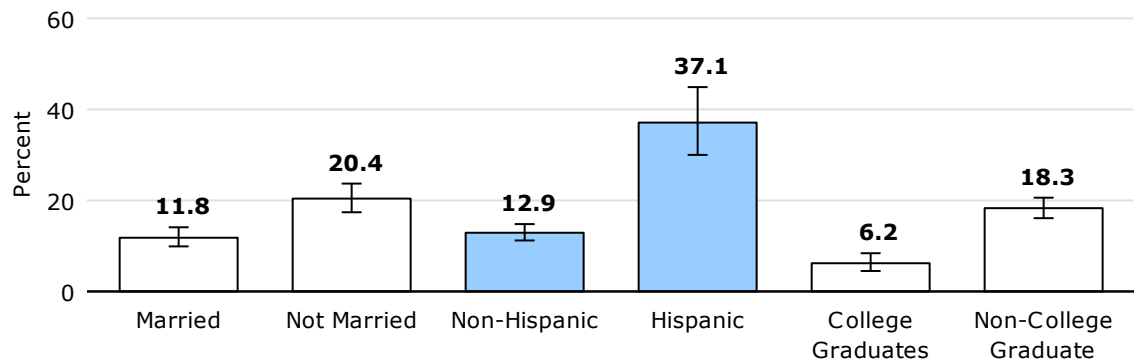
Since 2011, the number of Idaho adults with health care coverage significantly increased.



## Health Care Coverage

In 2018, 15.4% of Idaho adults did not have any health care coverage.

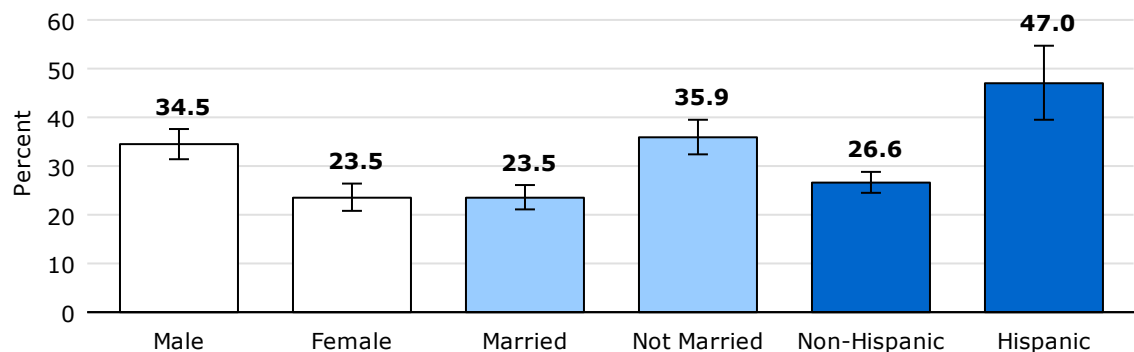
Not having health care coverage was associated with marital status<sup>1</sup>, Hispanic ethnicity, and education.



## No Personal Health Care Provider

28.9% of adults did not have a personal health care provider in 2018.

Not having a personal health care provider was associated with sex, marital status<sup>1</sup>, and Hispanic ethnicity.

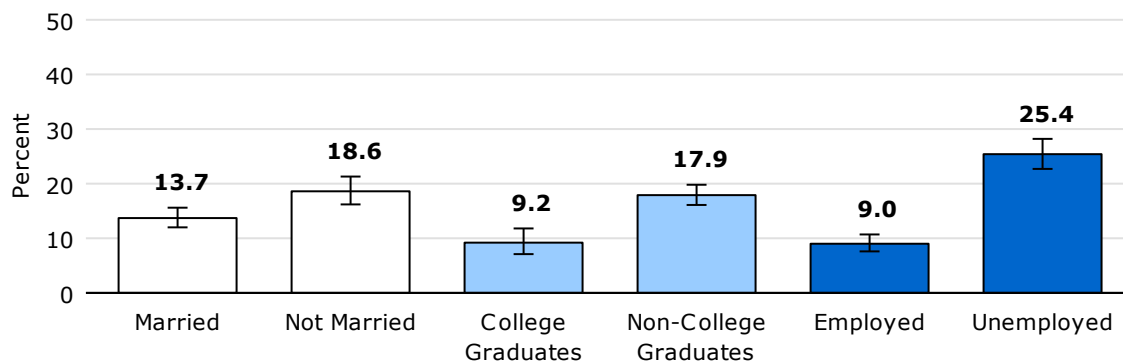


<sup>1</sup> "Not Married" group consists of adults who are divorced, widowed, separated, never married, or part of an unmarried couple.

## Fair/Poor Health

**In 2018, 15.9% of adults reported having “fair” or “poor” health.**

Reporting “fair” or “poor” health was associated with marital status, education, and employment status<sup>2</sup>.

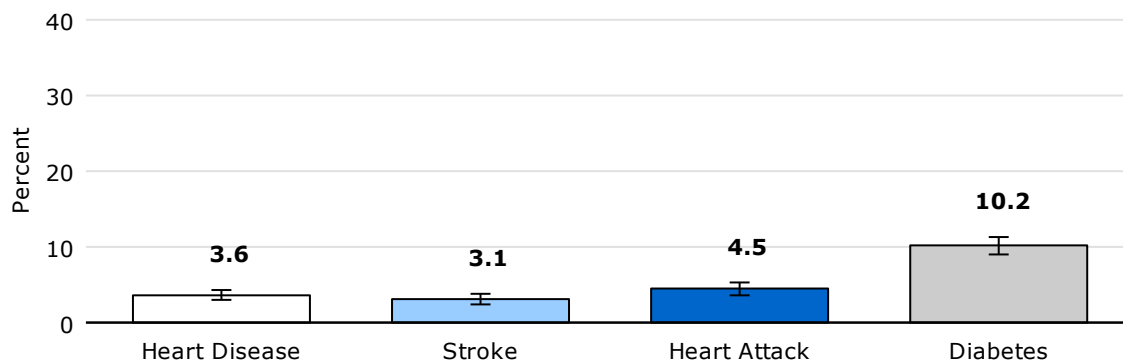


<sup>2</sup> “Unemployed” group includes retirees, students, homemakers, and those unable to work.

## Chronic Disease

**Among Idaho adults, diabetes was statistically more prevalent than heart disease<sup>3</sup>, stroke, or heart attack.**

Chronic disease among Idaho adults



<sup>3</sup> “Heart Disease” refers to Angina and Coronary Heart Disease.

## Heart Disease

## Stroke

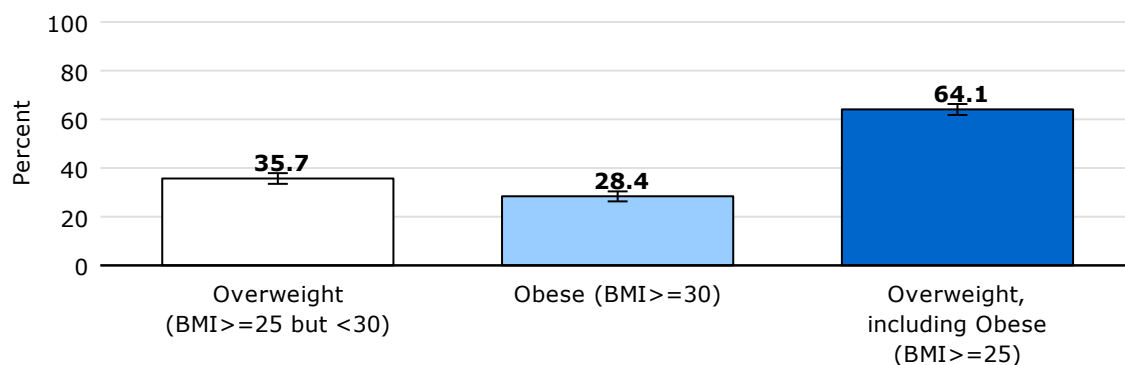
## Heart Attack

## Diabetes

## Health Risk Behaviors

**In 2018, more than 1 in 4 Idaho adults were obese.**

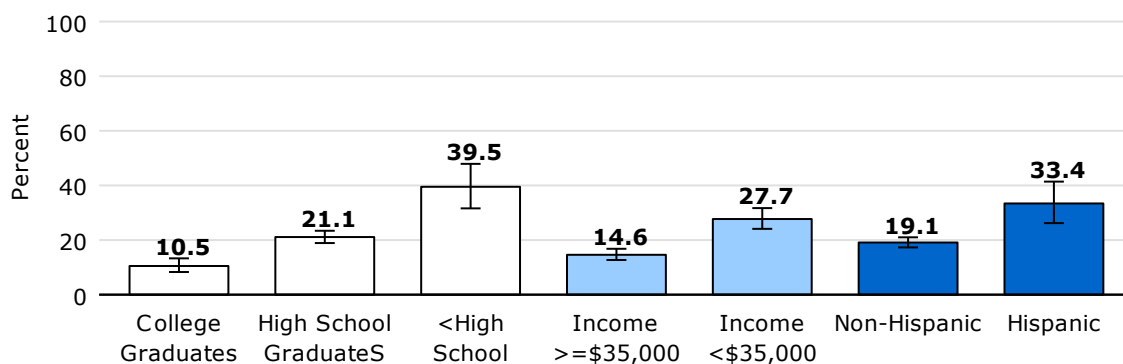
Adults who were overweight or obese



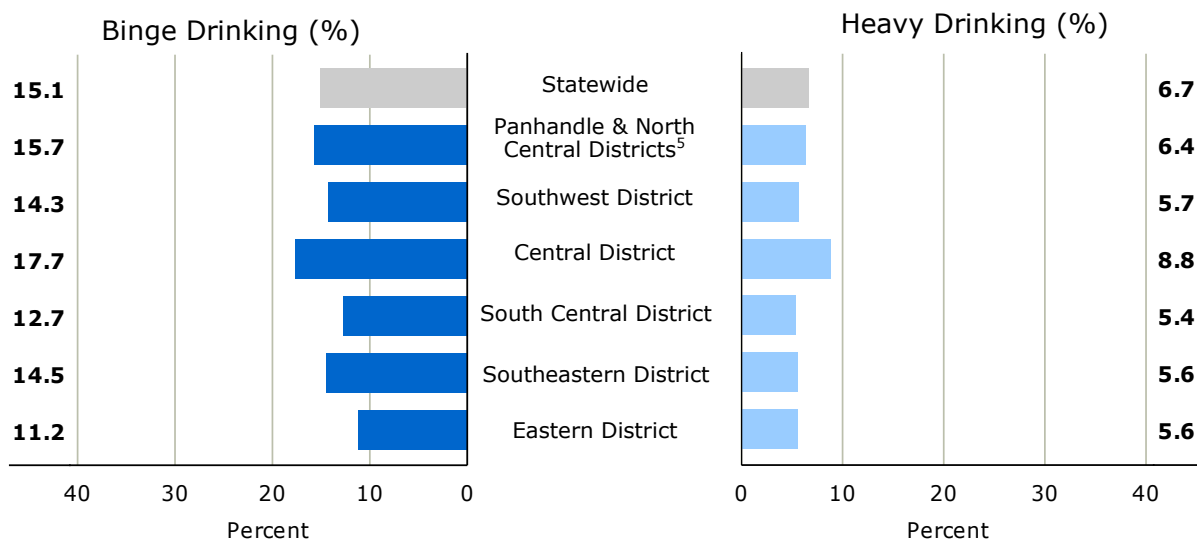
## Obesity

**In 2018, 20.5% of Idaho adults had not engaged in physical activity in the past 12 months.**

**Not engaging in physical activity was associated with education, income, and ethnicity.**



**15.1% of adult Idahoans reported binge drinking and 6.7% reported heavy drinking<sup>4</sup> in 2018.**

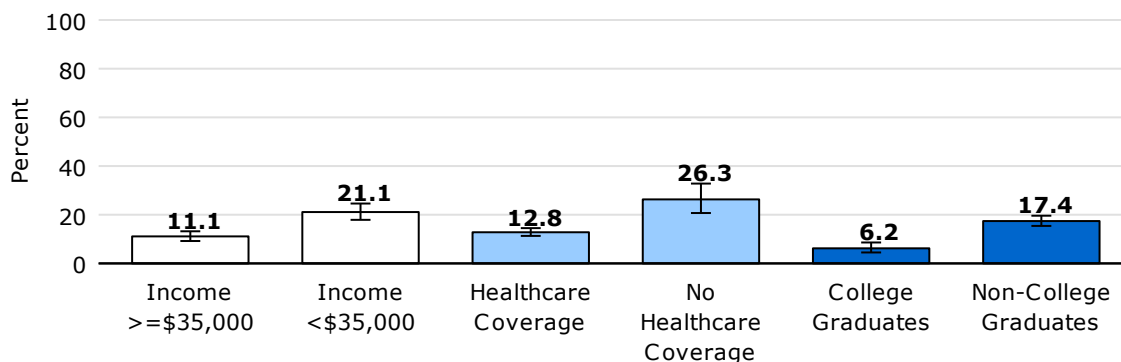


<sup>4</sup> Binge drinking is defined as 5+ drinks per occasion for males, and 4+ drinks per occasion for females. Heavy drinking is defined as >14 drinks per week for males, and >7 drinks per week for females.

<sup>5</sup> The Panhandle and North Central Health Districts were combined due to small sample size.

**In 2018, 14.7% of Idaho adults were current smokers.**

**Cigarette smoking was associated with income, health care coverage, and education.**



## Preventive Behaviors

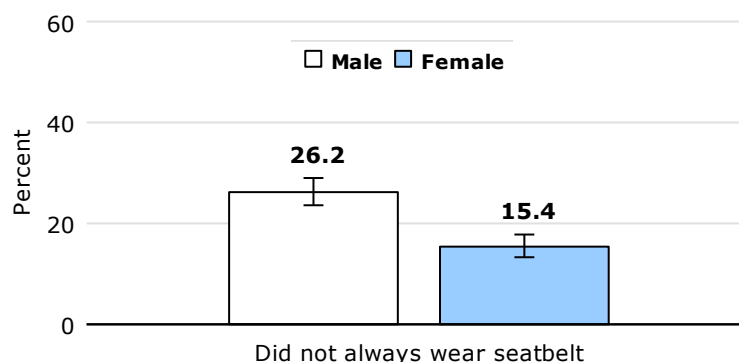
In 2018, 67.9% of Idaho adults did not have a seasonal flu vaccine, 34.4% did not have an annual dental visit, and 20.7% did not always wear a seatbelt.

Seatbelt use was associated with sex.

Flu Vaccine

Dental Visits

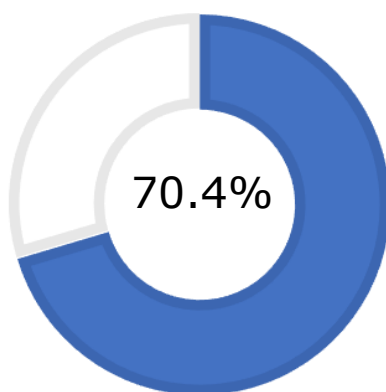
Seatbelt Usage



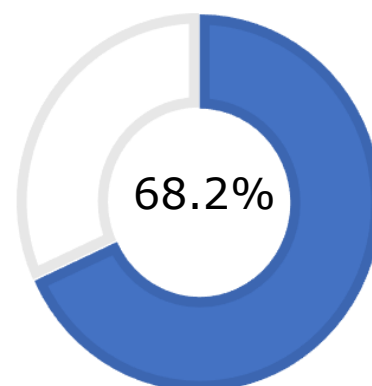
## Cancer Screening

Cancer screening rates among adults who met screening recommendations in 2018.

Cervical Cancer Screening



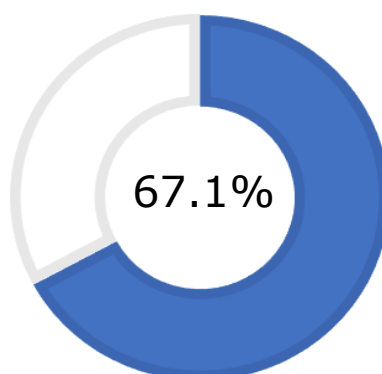
Of Idaho women aged 21 to 65 had a pap test in the past 3 years.



Of Idaho women aged 50 to 74 had a mammogram in the past 2 years.

Breast Cancer Screening

Colorectal Cancer Screening



Of adults aged 50 and over were screened for colorectal cancer per guidelines.



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